

## ITALIAN VEGETABLE BEAN SOUP (MINISTRONE)

### Ingredients

Canned diced tomatoes, 28 oz. can (I used Muir Glen's Fire Roasted – No salt)  
Water, 6 cup(s) or more  
Canned cannellini beans, 1-2 14.5 oz. cans drained but not rinsed  
Dried vegetables, 1 heaping cup (I used Thousand Lakes Dried Mixed Vegetables)  
Italian seasoning, 1 Tbsp  
Red pepper flakes, 1 tsp  
Garlic powder, 1 Tbsp  
Onion powder, 1 tsp  
Black pepper, 1 tsp  
Bay leaf, 1 leaf  
McKay's Chicken style seasoning, 2 tsp (or other bouillon equivalent)  
Miso, 1 tsp (optional)  
Chopped raw kale, 2 cups  
Bowls of a cooked brown rice and/or pasta (optional)

In a large saucepan, add all ingredients and bring to a boil. Reduce heat and simmer for 30 minutes. Take off from heat and stir in two cups of chopped raw kale. The heat from the soup will cook the kale. NOTE: If you want to eat the soup immediately, stir in the kale the last 5-10 minutes of cooking. When serving, ladle soup over brown rice and/or pasta and stir in. **I don't add the rice or pasta to the soup when cooking or too far ahead of consuming because doing so absorbs the yummy broth. Adding water dilutes the delicious flavor of the soup.** Serves: 4-6 very large bowls of soup.